

MDC



# DISCOVER nature



## WOMEN'S SPRING FLING

**Friday - Sunday  
April 25-27, 2014**

Lake Doniphan  
Conference and Retreat Centers  
Excelsior Springs, MO

### WOMEN'S WEEKEND RETREAT

**Registration Required  
For more information**

CONTACT

**Lisa LaCombe  
at 816-655-6263 x232**

OR

**[lisa.lacombe@mdc.mo.gov](mailto:lisa.lacombe@mdc.mo.gov)**

This workshop is offered to women 18 years old and older. Girls aged 14-17 are welcome when accompanied by an adult woman participant.

**The Discover Nature -  
Women's Spring Fling  
Workshop provides a safe and  
friendly environment where  
women experience hands-on  
outdoor skills training with a  
team of professionals.**

### discover nature programs...

- Help Missourians discover and explore nature
- Provide expert instruction and hands-on activities
- Are available statewide

**[mdc.mo.gov](http://mdc.mo.gov)**



*Serving nature and you®*

# Weekend Schedule

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## Friday Evening

6:30 Arrive, check into cabins  
*(Dinner not provided)*  
7:30 Welcome  
Orientation to Event/Icebreaker  
8:00 Naturalist Guided Night Hikes  
9:00 Campfire  
Music by Ez and Dil / S'mores

## Saturday

7:00-8:00 Breakfast  
8:30 – 11:30 Sessions  
12:00 Lunch  
1:30 - 4:30 Sessions  
6:00 -7:00 Supper  
7:00 Slide Show Presentation  
9:00 Campfire / "Facing Our Fears with  
storyteller Molly Postlewait / S'mores

## Sunday

7:00-8:00 Breakfast  
8:30 – 11:30 Sessions  
12:00 -1:00 Lunch and Evaluation  
1:00 Depart

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Lake Doniphan Conference & Retreat Center is nestled in  
300 acres on the eastern edge of historic Excelsior Springs.

**Call 816-630-1523 or [www.lakedon.org](http://www.lakedon.org)**

## **Lodging and Meals**

Participants are responsible for making their own room reservations with Lake Doniphan 816-630-1523. Payment due with registration by credit card only. Accommodations will be assigned on a first come first served basis.

**Accommodations:** Prices vary with the number of participants per room and lodging options. Cost includes lodging for 2 nights, linens and towels, and 5 meals.

- **Main Lodge:** Hotel style rooms with private bath.  
One person/room, \$199 per person/per weekend  
Two persons/room, \$142 per person/per weekend
- **Rustic Cabins with A/C:** Sleeps 2-4, nearby shower and bathrooms.  
\$97 per person/per weekend.
- **Camping with electricity:** Nearby shower and bathrooms.  
\$87 per person/per weekend.  
(Linens, towels and pillows are not included with this option.)

\*Contact Lake Doniphan for specific details on each lodging option.

**Check in** after 6:30 pm on Friday, April 25. Orientation begins at 7:30 pm Friday. Dinner is not provided Friday evening.

## **Confirmation Number**

Be sure to keep a record of your Lake Doniphan lodging confirmation number and record this number in the space provided on the registration form on the last page of this brochure. This number must be included with the registration form and deposit fee prior to the workshop for you to be accepted into the workshop. Registration is not valid without these items.

## **Deposit Fee and Deadline**

Mail or hand deliver completed registration form, \$20 deposit, and confirmation number to:

**Burr Oak Woods Nature Center**  
**Discover Nature – Women's Spring Fling**  
**1401 NW Park Rd**  
**Blue Springs, MO. 64015**

**Deadline:** 5:00 pm, April 8, 2014. Your \$20 deposit will be refunded to you when you check in at the MDC registration table. Deposit fees will only be returned to registered participants in attendance.

## **Alcohol/firearms**

Use of alcoholic beverages, illicit drugs, firearms, and fireworks are forbidden on Lake Doniphan property.



## **Course Descriptions:**

**Leisurely:** course not physically demanding

**Moderate:** course requires some physical activity

**Strenuous:** course requires some strenuous physical activity

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### **Archery (Moderate)**

Discover the ancient art of archery. Develop techniques that will assure a bulls-eye every time. You will have ample time to hone your new skills. Whether these skills are developed to hunt or for target practice, archery is a fun and challenging way to enjoy the outdoors.

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### **Backpacking (Moderate /Strenuous)**

Have you always wanted to try camping? Are you curious about backpacking, but are not sure how to get started? This session will help you build confidence and prepare you to set out on an adventure of your own.

Optional evening session includes a 1 mile hike with packs to a quiet part of Lake Doniphan, back country meal preparation, and an overnight camping experience. *(Backpacking equipment may be borrowed upon request.)*

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### **Canoeing/Kayaking (Moderate/Strenuous)**

Canoeing is a great way to explore Missouri's 57,000 miles of navigable streams. Understanding proper canoeing techniques will make those excursions fun and safe. Our expert instructors will teach you the basic strokes and strategies that will prepare you to float any stream in Missouri.

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### **Fishing (Leisurely)**

Get hooked on one of the world's most popular outdoor activities. This course teaches you the basics of fishing techniques, equipment, bait, lures, knots and fish identification. You will also learn to filet your own fish and discover delicious methods to prepare it.

### ***Orienteering (Moderate)***

Have you ever been lost? Learn to explore with confidence as you discover how to navigate the back-country using a compass or GPS unit. Fun filled activities will take the mystery out of finding your way.

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### ***Outdoor Cooking (Leisurely)***

You don't need a fancy kitchen to make great meals while exploring in Missouri's outdoors. You can create delicious meals in foil, on a stick or with a Dutch oven. Learn how to care for Dutch ovens and how to cook over an open fire safely while getting a great start on your campfire recipe collection.



### ***Primitive Hunting Skills - Atlatl (Moderate)***

Hunting for wild game is a tradition that has been passed down in every culture for thousands of years. This hands-on course will explore some basic hunting skills using the atlatl or spear-thrower. Today, there is a resurgence of interest in this primitive method of hunting. Join us for this session to learn what it is all about.

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### ***Wild Edibles (Leisurely)***

Discover how to harvest and prepare wild edible plants for your dinner table. This session will include plant identification, safety, conservation and preparation of wild plants. Foraging for wild plants is a great way to discover nature and it is a lot of fun!



## Payment and registration information

MDC Deposit fee is \$20.00 per person

There is no deposit fee for young women aged 14-17 when registered with an adult.

However, participants aged 14-17:

- Are responsible to Lake Doniphan Conference and Retreat Center for room and meal costs.
- Must be accompanied at courses by the adult they are registered with.
- Must have consent form signed by a parent or guardian.

## Cancellation Policy

**MDC Policy:** If you cancel on or before **April 8, 2014**, you will be refunded your \$20 deposit. **Deposit will not be refunded if you do not attend or cancel by April 8, 2014.**

You **MUST** ALSO CONTACT LAKE DONIPHAN CONFERENCE AND RETREAT CENTER TO CANCEL YOUR LODGING AND MEALS.

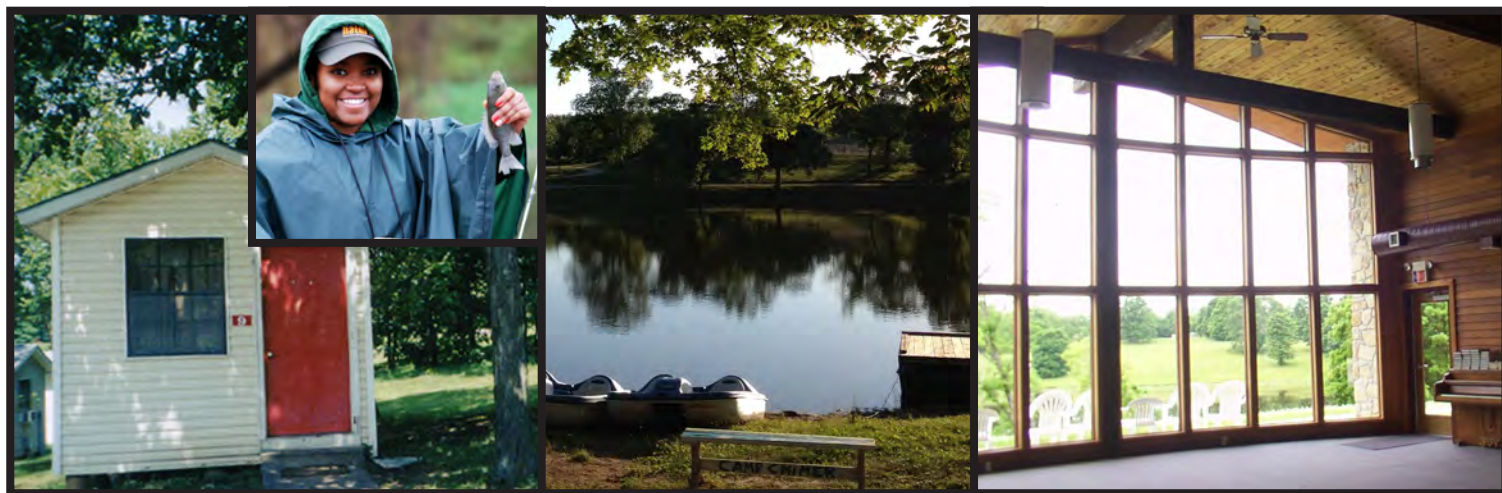
**Lake Doniphan Conference and Retreat Center Policy:** Cancellation fewer than 14 days prior to arrival will result in forfeiture of deposit.

## Special Needs

In compliance with the American Disabilities Act, this workshop will make all reasonable efforts to accommodate people with special needs. Please include a letter with your registration form describing any special needs you have.

## For more information contact:

Lisa LaCombe at **816-655-6263 ext 232** or **[lisa.lacombe@mdc.mo.gov](mailto:lisa.lacombe@mdc.mo.gov)**







THE MISSOURI DEPARTMENT OF CONSERVATION PRESENTS  
**Discover Nature – Women's Spring Fling 2014**  
Lake Doniphan Conference and Retreat Center  
12856 Doniphan Lake Road, Excelsior Springs, MO 64024  
www.lakedon.org



**Friday April 25 - Sunday April 27**  
**Registration Form**

Name \_\_\_\_\_

If minor, age \_\_\_\_\_ Attending with \_\_\_\_\_

ADDITIONAL PERMISSION FORM REQUIRED IF MINOR IS NOT ATTENDING WITH PARENT OR GUARDIAN

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime phone number \_\_\_\_\_ E-mail \_\_\_\_\_

In case of emergency, please contact \_\_\_\_\_

Phone number \_\_\_\_\_

Lake Doniphan Confirmation # \_\_\_\_\_

**Registration is not valid without this number**

**Course Selection:**

Participants will attend 3 sessions. Please rank your choices as 1 (most preferred) -8 (least preferred). Every effort will be given to allow your participation in the programs of your choice. However courses will be assigned on a first come first served basis, and assigned according to what is available.

- |                                 |   |
|---------------------------------|---|
| _____ Archery                   | _____ Orienteering                      |
| _____ Backpacking               | _____ Outdoor Cooking                   |
| _____ Backpacking Night Session | _____ Primitive Hunting Skills - Atlatl |
| _____ Canoeing/Kayaking         | _____ Wild Edibles                      |
| _____ Fishing                   |   |

**Meal considerations**

Please check if you are

- ☐ Vegetarian      ☐ Diabetic      ☐ Have severe food allergies

**Mail this form with deposit fee to:**

Discover Nature – Women's Spring Fling  
Burr Oak Woods Nature Center  
1401 NW Park Road  
Blue Springs, MO 64015

Please make all checks payable to the **Missouri Conservation Heritage Foundation** (MCHF) and earmark Burr Oak Woods in the bottom left corner of your check.

**Registration Deadline:** April 8, 2014

**Signature required:** I recognize this event involves risk and I take responsibility for action or injury that may result by participating. I agree to accept the conditions set forth in the cancellation policy. I understand that photographs and/or videos may be taken during the event and may be used in future support of this or other programs that highlight or encourage participation in outdoor activities.

Signature \_\_\_\_\_



[mdc.mo.gov](http://mdc.mo.gov)

Equal opportunity to participate in and benefit from programs of the Missouri Department of Conservation is available to all individuals without regard to their race, color, national origin, sex, age or disability. Questions should be directed to the Department of Conservation, P.O. Box 180, Jefferson City, MO 65102, (573)751-4115 or 800-735-2966 (TTY), or to the U.S. Fish and Wildlife Service Division of Federal Assistance, 4401 N. Fairfax Dr, Mail Stop: MBSP-4020, Arlington, VA 22203